



## **PRESS RELEASE**

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**MEDIA CONTACT:** Kathy Parsons  
Communications Officer  
562.570.3654

### **Making The Transition From Disability Benefits to Self-Sufficiency**

Self-sufficiency is always a goal, but for those who are on disability, returning to work is not as simple as it seems at first glance. If this is true for you or someone you know, you'll want to attend the free workshop "Keep The Benefits While Returning to Work" on Thursday, February 14, 1:30-3:30 pm at the Disabled Resource Center in Long Beach. Reservations are required.

Joy Tshako, Social Security Administration, and Camille Chatman, Human Potential Consultants, will cover how Social Security makes its computations for a "Trial Work" period. Attendees will also have the opportunity to meet one-on-one with a Benefits Specialist to discuss their individual situation.

The workshop is open all people, regardless of age, gender, ethnicity, sexual preference, or disability type. Please call to Dolores Nason, 562.427.1000, or Patti Kolpa, TTY 562.570.4629, or email [Patti\\_Kolpa@longbeach.gov](mailto:Patti_Kolpa@longbeach.gov) to reserve a seat. Interpreters can be available if the request is received 72 hours in advance.

The Pacific Gateway Workforce Investment Network, Disabled Resource Center, Social Security Administration, and Human Potential Consultants have partnered to create this workshop.

The Pacific Gateway Workforce Investment Network, administered by the City of Long Beach, is a community resource that assists both job seekers and businesses. The Network, including the Career Transition Center, Youth Opportunity Center, Center for Working Families in Long Beach and the Harbor WorkSource Center in San Pedro provides assistance through initiatives with local businesses and industries important to the greater Long Beach and Southern California region. For more information on specific programs, visit [www.pacificgatewayworkforce.com](http://www.pacificgatewayworkforce.com) or call 562.570.WORK.